

# What's On Guide February 2025



## Monday

### Book Club

Held on the first Monday of every month, this is a free book club with refreshments and books provided.

**1.30pm to 3pm**  
**\*Can be subject to change**

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### Dancercise

An upbeat and energetic exercise class, £4 per class book by contacting 01325 321234.

**12.30pm to 1.15pm**

## Tuesday

### Befriending Group - For fun and laughter

Meet new people for a friendly get together, a group with refreshments available. No booking required!

**1pm to 2.30pm**

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### Fun Fitness Class with Luke

Reach your fitness goals and go at your own pace whilst increasing your fitness and toning your muscles in a friendly atmosphere, all abilities are welcome. Sessions are £20 per month or £7 per session. To book please contact Luke on 07825775952.

**4.45pm to 5.30pm**



**Sign up to our newsletter  
by scanning the QR code!**

## Wednesday

### Welcome Spaces

Every Wednesday, anyone can drop in and connect with others through a warm and welcoming space. Sessions are free, and visitors can access family activities, hot drinks, a hot meal. Thanks to Point North for supporting us with funding for the Welcome Spaces.

**4pm to 6.30pm**

## Thursday

### Walking Group

Free weekly guided walks hosted by Durham County Council to improve health. Starting at Pioneering Care Centre.  
Book at [www.durham.gov.uk/walkdurham](http://www.durham.gov.uk/walkdurham)

**10.30am to 11.30am**

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### Pilates - For all ages and levels of fitness

For future block booking and prices, contact Melanie Flinders on 07828 198133 or [melanieflinderspilates@gmail.com](mailto:melanieflinderspilates@gmail.com) to book

**11.30am to 12.30pm**

**1pm to 2pm**

**2.15pm to 3.15pm**

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### Love to Knit?

If you love to knit, crochet or sew this is the group for you. Just turn up - no booking required. Equipment available.

**1.30pm to 3.30pm**

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### Options Social Club

A social club giving adults with physical and learning disabilities. Providing carers with a short break from responsibilities.  
£4 entry, no booking required.

**6.30pm to 8.30pm**

## Limited time course

### Art for Wellbeing - every Monday or Thursday

Join our free 10 week 'Art for Wellbeing' course for 18 to 30 year olds, designed to boost creativity and wellbeing. You'll explore trending themes like superhero design, fantasy landscapes, and branding. To book your free place contact reception on 01325 321234 or [admin@pcp.uk.net](mailto:admin@pcp.uk.net).

**6pm to 8pm**

# Events and services



## Garden Kitchen at the Pioneering Care Centre

Opening hours from Monday to Friday at 10am to 1.30pm.  
Saturday 10am to 12pm. Sit in or takeaway.

## Hydrotherapy pool

here are many health and wellbeing benefits of hydrotherapy, including improvements in physical and mental health. Book now at [www.pcp.uk.net/booking](http://www.pcp.uk.net/booking), call 01325 321234 or visit the Pioneering Care Centre.

## JRW Sports Therapy

A range of massages and sport specific diagnosis, Contact Jack Williamson on 07805218501.

## Podiatry Service

Podiatry provided by Abbie Lambert, contact 07884550937 for more details.




## Total Beauty by Pam

A range of face treatments to support you to feel your best, treatments are £30. Contact Pam on 07511627685 to book.



\*Information in the What's On Guide is correct on time of publication.

Pioneering Care Centre  
Carer's Way, Newton Aycliffe,  
DL5 4SF  
[www.pcp.uk.net](http://www.pcp.uk.net) - 01324 321234

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